



# The Bridge

*Meeting your needs at home. At sea.*

Nov 04 - Vol. 7, 2nd Edition

## Suicide Awareness Month

Suicide is one of the top three causes of death in the Navy, according to the Department of the Navy Suicide Incident Report. The Navy is taking a community approach to suicide prevention, making everyone aware of the warning signs and the responsibility for getting help for the individuals at risk.

### **Did You Know?**

1. More people die from suicide than from homicide.
2. Men are four times more likely to die from suicide than are women.
3. Suicide is the third leading cause of death for people age 15-29.

### **What Can You Do?**

1. Talk– Be available to talk in a non-judgmental way to a friend, co-worker or family member who might be suicidal and encourage them to get professional help.
2. Tell– Never keep a plan for suicide a secret. Don't worry about ruining a friendship. It is better to call for help when not needed than to have done nothing and lose a friend to suicide.
3. Take it seriously– Don't trivialize problems. If someone comes to you with thoughts of suicide, reassure them that help is available.
4. Take time– Listen to the person. Sit with them while they call for help. Go to the first appointment with them. Be persistent with your help.

**YOUR FFSC is available to help !**



The Naval Fleet and Family Support Center  
is Located @

BLDG 214. 13 Riverview RD  
Dahlgren, VA Indian Head MD,

**Phone: 540-653-1839**

**Toll Free: 800-500-4947**

### **December Focus:**

**Family  
Support  
Programs**

## **FFSC Workshops/Event Listing**

**Registration is required.**

**Call 540.653.1839 / 800.500.4947**

*All workshops are open to active duty service members, spouses, retirees, and to DoD civilians on a space available basis.*

Resume Building	<b>01 Nov</b>	1000-1200	<b>IHFFSC</b>
Interview Strategies	<b>01 Nov</b>	1200-1400	<b>IHFFSC</b>
Resume Building	<b>02 Nov</b>	1000-1200	<b>FFSC</b>
SAVI	<b>02 Nov</b>	0900-1000	<b>FFSC</b>
Resume Writing	<b>4 Nov</b>	0900-1100	<b>FFSC</b>
Million Dollar Sailor	<b>8-9 Nov</b>	0730-1600	<b>FFSC</b>
Disability Training Education	<b>09 Nov</b>	1000-1230	<b>JD's</b>
How to Read Your Credit Report	<b>12 Nov</b>	1000-1100	<b>FFSC</b>
SEAP Orientation	<b>16 Nov</b>	1000-1130	<b>FFSC</b>
Ombudsman Meeting	<b>16 Nov</b>	1530-1630	<b>FFSC</b>
Resume Building	<b>16 Nov</b>	1000-1200	<b>FFSC</b>
Overseas Transfer	<b>18 Nov</b>	0900-1100	<b>FFSC</b>
Resume Writing	<b>18 Nov</b>	1000-1200	<b>IHFFSC</b>
Interviewing Strategies	<b>18 Nov</b>	1000-1200	<b>FFSC</b>
Legal Appointments	<b>18 Nov</b>	0900-1600	<b>FFSC</b>